



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

HOOD COUNTY YMCA

Effective: May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00a-6:00a				<b>BOGA</b> 5:15a-6:00a	Lap Swim 7:00a-8:00a	
<b>Granbury High School Swim Team</b> 6:15a-7:30a *Two lap lanes are available for members.*	Lap Swim 6:00a-7:45a	<b>Granbury High School Swim Team</b> 6:15a-7:30a *Two lap lanes are available for members.*	Lap Swim 6:00a-7:45a	<b>Granbury High School Swim Team</b> 6:15a-7:30a *Two lap lanes are available for members.*	<b>BCCY Swim</b> 8:00a-10:00a *4 lap lanes available	
Lap Swim 7:45a-9:15p						
<b>Aqua Strength w/ Nancy</b> 9:15a-10:15a  * 4 lanes for laps*	<b>Aqua Pump w/ Judy</b> 9:15a-10:15a  <b>Aqua Fit w/Judy</b> 10:15a-11:15a  *4 lanes for laps*	<b>Aqua Strength w/ Nancy</b> 9:15a-10:15a  *4 lanes for laps*	<b>Aqua Pump w/ Judy</b> 9:15a-10:15a  <b>Aqua Fit w/Judy</b> 10:15a-11:15a  *4 lanes for laps*	<b>Water Aerobics With Nancy</b> 9:15a-10:15a    * 4 lanes for laps*		<b>Lap Swim</b> 1:00p-4:45p
Lap Swim 10:15a-4:15p	Lap Swim 11:15a-5:00p	Lap Swim 10:15a-4:15p	Lap Swim 11:15a-5:00p	Lap Swim 10:15a-5:00p	Lap Swim 10:00a-4:45p	
<b>YMCA Swim Lessons &amp; Swim Team</b> 4:15p-7:30p *0 lap lanes are available.	<b>YMCA Swim Lessons &amp; Swim Team</b> 5:00p-7:15p *0 lap lanes are available.	<b>YMCA Swim Lessons &amp; Swim Team</b> 4:15p-6:30p *0 lap lanes are available.	<b>YMCA Swim Lessons &amp; Swim Team</b> 5:00p-7:30p * 0 lap lanes are available.	<b>YMCA Swim Lessons &amp; Swim Team</b> 5:00p-6:30p *0 lap lanes are available.		
Lap Swim 7:30p-8:45p	<b>BCCY Swim</b> 7:15p-8:45p *4 lap lanes available	Lap Swim 6:30p-8:45p	<b>BCCY Swim</b> 7:15p-8:45p *4 lap lanes available	<b>Pool Closes at 6:45pm</b>		

## YMCA SEALS SWIM MEET DATES:

- May 13th- YMCA Seals End of Season Meet \*POOL CLOSED 7AM-11AM\*

Please reach out to our Aquatics Specialist Ayden Davila for any questions; [adavila@ymcafw.org](mailto:adavila@ymcafw.org)